

$$\Delta_{\text{eff}}^{\text{eff}}(t) = \Delta_{\text{eff}}^{\text{eff}}(0) + \Delta_{\text{eff}}^{\text{eff}}(t) - \Delta_{\text{eff}}^{\text{eff}}(0) = \Delta_{\text{eff}}^{\text{eff}}(t) - \Delta_{\text{eff}}^{\text{eff}}(0)$$